

FREIHAFEN



# 50 RECIPES

FOR YOUR AIR FRYER

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# FREIHAFEN

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# Breakfast

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# Avocado Egg Boat

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## Ingredients:

- 1 avocado
  - 2 eggs
  - Fresh chives
  - Fresh parsley
  - Salt & pepper
- 

## Directions:

- Slice the avocado in half and remove the pit Use a spoon to scoop out 20% of the flesh.
- Chop your chives and parsley into thin pieces. Season the avocado halves with salt, pepper, chives and parsley. Afterwards, crack one egg into each of the halves.
- Line your air fryer basket with perforated parchment paper (optional) and place your avocado boats into the air fryer. Bake in the air fryer at 175 °C for 6 minutes.
- Sprinkle with extra chives and parsley and serve!

# Breakfast



# Breakfast



## Yogurt Parfait with Warmed Strawberries

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### Ingredients:

2 cups strawberries, quartered

2 Tbsp turbinado sugar

2 cups Grddk yogurt

2 Tbsp honey

Granola, as much as you desire

Whip cream, as much as you desire

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### Directions:

- Slice the strawberries into quarters.
- Line the air fryer basket with perforated parchment paper (optional) and place the strawberries in the air fryer. Sprinkle the sugar on the strawberries and air fry at 200 °C for 8 minutes.
- In a medium mixing bowl. Add in the yogurt and honey. Mixing to combine.
- Place the yogurt and honey mixture in small glasses, filling the glass  $\frac{3}{4}$  of the way full. Add the same amount of strawberries and granola on top. Repeat those steps until the glasses are full.
- Place whip cream at the very top.

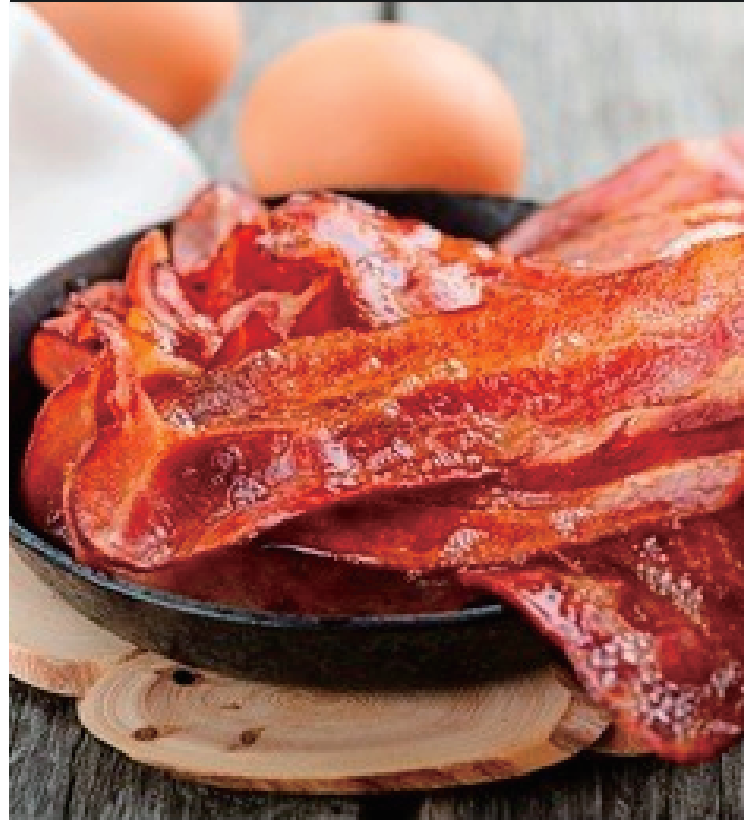
# Bacon

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## Directions:

- Slice bacon strips in half and in a single layer in the air fryer basket. For easier cleanup, line air fryer basket with perforated parchment paper (optional).
- For regular cut bacon, air fry at 200 °C for 3-5 minutes.
- For thick cut bacon, air fry for 8-10 minutes.

# Breakfast





# Breakfast



## Breakfast Toad in a Hole

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### Ingredients:

- 1 puff pastry, thawed
  - 4 Tbsp cheddar cheese shredded
  - 4 Tbsp diced cooked ham
  - 4 eggs
  - Chopped fresh chives (optional)
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### Directions:

- Unfold the pastry sheet and cut into 4 squares. Place 2 pastry squares in the air fryer basket and air fry at 200 °C for 6 minutes.
- Remove basket from air fryer. Use a tablespoon to press each square carefully to form an indent. Place 1 tablespoon of cheddar cheese and 1 tablespoon of ham into each hole and crack 1 egg on top of each. Return basket to air fryer and air fry at 200 °C for 6 minutes. Top with fresh chives.
- Repeat with remaining pastry squares, cheese, ham and eggs.

# French Toast Sticks

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## Ingredients:

### Batter:

4 slices of bread  
2 eggs  
¼ tsp cinnamon  
⅛ tsp nutmeg  
Pinch of salt

### Dipping sauce:

2 Tbsp butter  
1 tsp vanilla extract  
¼ cup powdered sugar  
2 Tbsp heavy whipping cream

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## Directions:

- In a medium bowl, gently beat eggs, cinnamon ,nutmeg and salt. Slice bread into fourths and dip into egg wash, careful not to over-soak.
- Bake in the air fryer at 175 °C for 2 minutes.
- Turn and continue to cook for 4 minutes. Serve with dipping sauce.

# Breakfast



# Breakfast



## Hazelnut Donuts

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### Ingredients:

#### Donuts:

- 3 Tbsp water
- 1 Tbsp ground flax seeds
- $\frac{3}{4}$  cup & 2 Tbsp flour
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup cocoa powder
- 1  $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  cup soy or almond milk
- $\frac{1}{4}$  cup coconut oil
- 1 tsp vanilla extract

#### Hazelnut Butter Glaze:

- $\frac{1}{4}$  cup chocolate hazelnut butter
- 2 Tbsp soy or almond milk
- $\frac{1}{2}$  cup powdered sugar
- $\frac{1}{4}$  cup roasted hazelnuts, chopped

### Directions:

- In a small bowl, whisk together water and flax seeds. Allow to sit for 10 minutes. In a medium bowl, mix together flour, sugar, cocoa powder, baking powder and salt. Add in milk, coconut oil, vanilla extract and flax mixture to medium bowl. Stir until blended.
- Distribute batter into donut round mold. Air fry at 170 °C for 10 minutes, flipping donuts halfway through.
- While donuts are cooking, whisk together glaze ingredients together in a small bowl. Drizzle donuts with glaze and chopped hazelnuts.



# Lemon Glazed Blueberry Scones

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## Ingredients:

### Scones:

2 cups all-purpose flour  
1 Tbsp baking powder  
½ tsp salt  
2 Tbsp sugar  
5 Tbsp unsalted butter  
1 cup fresh blueberries  
1 cup heavy cream

### Glaze:

½ cup lemon juice  
Zest of 1 lemon  
1 Tbsp unsalted butter  
2 cups powdered sugar

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## Directions:

- In a large mixing bowl, combine flour, baking powder, salt, sugar and butter. Combine using a fork or hands until mixture is coarse. Form a well into the center of the dough. Pour in heavy cream. Work together then add blueberries and gently fold into dough mix.
- Turn dough onto a lightly floured work surface. Work the dough into a flat rectangle, about ¾" thick, careful not to burst blueberries. Cut dough into 7 wedges.
- Lightly oil or line the bottom of the air fryer basket with perforated parchment paper (optional). Place scones inside the air fryer basket and air fry at 200 °C for 5 minutes. Turn and continue to cook for 5 more minutes. In a small bowl, combine glaze ingredients. Drizzle over warm scones.

# Breakfast



# Entrees

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7. Pork Chops
8. Fish Taco Crunch Wraps with Mango Salsa
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12. Spicy Fried Chicken
13. Cauliflower Pizza
14. Chicken Bombers
15. Korean BBQ Chicken Skewers

# Lemon Garlic Salmon

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## Ingredients:

4 skin-on salmon fillets (about 6 oz.)	1 tsp fresh dill, chopped
4 Tbsp butter	1 Tbsp fresh parsley, chopped
1 clove of garlic, minced	Juice of 1 lemon
1 tsp salt	

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## Directions:

- Melt butter and mix in remaining ingredients. Coat salmon fillets with the butter sauce.
- Line the bottom of the air fryer basket with perforated parchment paper (optional). Roast in the air fryer at 175 °C for 8 minutes. Turn fillets and coat with remaining butter sauce. Continue to cook for 7 minutes.

# Entrees





# Entrees



## Beer Battered Fish Tacos

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### Ingredients:

Fish  
2 eggs  
10 oz. Mexican beer  
1 cup corn starch  
1 cup flour  
½ Tbsp chili powder  
1 Tbsp cumin  
Salt & pepper  
1 lb. cod, cut into large pieces

**Salsa:**  
3 mangos. Peeled & diced  
½ red bell pepper, diced  
1 jalapeno, de-seeded & diced  
½ red onion, diced  
1 Tbsp cilantro, chopped  
1 lime, juiced  
salt & pepper to taste  
¼ head of red cabbage, sliced thin  
Soft corn tortillas  
Queso fresco

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### Directions:

- In a medium sized bowl, whisk together the eggs and beer, then set aside. In a separate medium bowl, combine flour, cornstarch, chili powder, cumin, salt, and pepper.
- Coat the fish in the egg mixture then transfer to the flour mixture and dredge to completely coat all sides.
- Lightly oil the bottom of the air fryer basket to prevent sticking. Place the fish in the basket, then coat with cooking spray. Air fry at 185 °C for 15 minutes - flip halfway.
- Mix all salsa ingredients in a medium mixing bowl. Refrigerate until ready to serve.
- Serve the fish on warm tortillas, add the mango salsa, then top with queso fresco crumbles.

# Pork Taquitos

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## Ingredients:

3 cups cooked pork tenderloin, shredded

Olive oil cooking spray

2 ½ cups shredded mozzarella cheese

Salsa, sour creaming for dipping (optional)

10 small flour tortillas

1 lime, juiced

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## Directions:

- Sprinkle lime juice over shredded pork and mix.
- Microwave 5 tortillas at a time with a damp paper towel on top for 10 seconds to soften. Add 3 oz. (about ½ cup) of shredded pork and ¼ cup of cheese to a tortilla. Tightly and gently roll up the tortillas. Repeat with remaining tortillas.
- Spray or brush the tortillas with olive oil and place in the air fryer basket
- Broil in the air fryer at 195 °C for 7-10 minutes, or until tortillas are a golden color, flipping halfway through.
- Serve with your favorite salsa, guacamole and sour cream!

# Entrees



# Entrees



## Pepper Crusted Steak

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### Ingredients:

- 2 boneless top sirloin steaks
  - Crushed black peppercorns
  - Coarse sea salt
  - 3 Tbsp melted butter
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### Directions:

- Rub steaks with black pepper and sea salt on both sides. Refrigerate for 15 minutes.
- Line the air fryer basket with perforated parchment paper (optional). Place steaks in the air fryer basket and air fry at 175 °C for 6 minutes. Brush steaks with melted butter, turn steaks and butter the other side. Continue to cook for 2 minutes.

# Steak Fajitas

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## Ingredients:

2 Tbsp olive or avocado oil	1 tsp pepper
¼ tsp chili powder	½ medium yellow onion
¼ tsp garlic powder	1 large or 2 small bell peppers
¼ tsp oregano	1 lb skirt steak
½ tsp ground cumin	Tortillas
2 tsp salt	Cotija cheese (optional)

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## Directions:

- In a large mixing bowl, combine oil, chili powder, garlic powder, oregano, ground cumin, salt and pepper to make the seasoning.
- Slice onions, peppers and steak into strips and place in bowl with seasoning. Coat well.
- Line the air fryer basket with perforated parchment paper (optional) before adding onions, peppers and steak. Grill in the air fryer for 5 minutes at 200 °C. Remove the air fryer basket and shake ingredients. Grill for an additional 4 minutes. Serve with tortillas and top with Cotija cheese (optional).

# Entrees



# Entrees



## Meatloaf

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### Ingredients:

1 lb. ground beef	2 Tbsp ketchup	<b>Meatloaf Glaze:</b>
4 Tbsp pork chorizo, chopped	1 Tbsp Dijon style mustard	4 Tbsp ketchup
¾ cup gluten free breadcrumbs	1 Tbsp Worcestershire sauce	1 ½ Tbsp brown sugar
½ bell pepper, diced or shredded	3 Tbsp grated parmesan cheese	1 Tbsp apple cider vinegar
½ onion, diced or shredded	Salt & pepper to taste	1 tsp Dijon style mustard
2 eggs, lightly beaten		

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### Directions:

- Mix the ground beef and chopped pork chorizo in a medium-sized mixing bowl.
- Add in the rest of the meatloaf ingredients and stir to combine. Once everything is mixed, add the meatloaf into a loaf pan. Place the meatloaf in the air fryer and roast at 200 °C for about 20 minutes.
- In a small mixing bowl, mix ketchup, brown sugar, apple cider vinegar, and dijon style mustard together and set aside.
- After 15 minutes, open the air fryer and spread the glaze on top. Continue to cook for the remaining 5 minutes.
- When the timer goes off, check the internal temperature of the meat (ground beef should reach 75 °C before serving). Remove the meatloaf from the air fryer and let it stand for 10 minutes before serving.

# Pork Chops

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## Ingredients:

2 Tbsp brown sugar

1 Tbsp soy sauce

1 Tbsp Worcestershire sauce

1 tsp fresh lemon juice

Salt & pepper

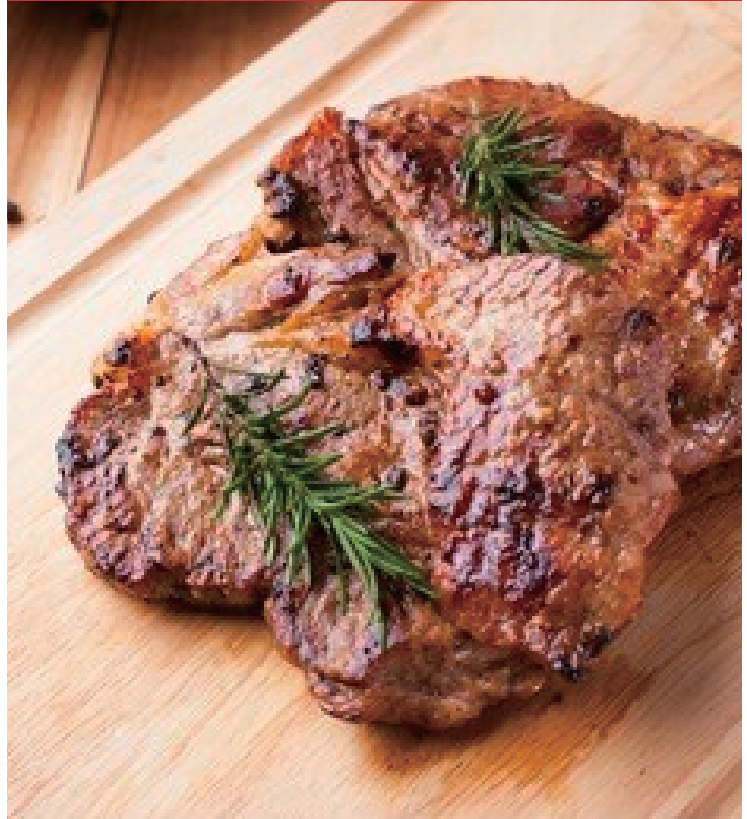
3 boneless pork chops

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## Directions:

- In a large bowl, combine sugar, soy sauce, Worcestershire sauce, lemon juice and salt and pepper. Add to pork chops and flip to coat both sides. Set aside.
- Place an oven safe baking pan into the bottom of the air fryer basket. Place pork chops into the pan. Pour remaining sauce over pork chops. Roast in the air fryer at 200 °C for 8 minutes. Flip pork chops and roast for another 12 minutes.
- Cooking time may vary depending on the size of pork chops.

# Entrees



# Entrees



## Fish Taco Crunch Wraps with Mango Salsa

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### Ingredients:

#### Wraps:

- 4 large burritos sized tortillas
- 1 small yellow onion, diced
- 1 small red bell pepper, diced
- 2 cobs of corn, cut from the cob
- ½ lb of salmon
- ½ to ¾ cup mango salsa
- Tortilla chips
- Mixed greens
- 4 Tbsp vegan shredded cheese

#### Mango Salsa:

- 2 large ripe mangoes, peeled & diced
  - ½ small yellow onion, diced
  - 1 clove of garlic
  - 1 jalapeno, diced
  - ¼ cup fresh mint or ½ tsp dried mint
  - Juice of lime
  - Pinch of sea salt
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### Directions:

- Saute onion and bell pepper for five minutes in a skillet. Add in corn and saute for another couple minutes.
- Remove the skin from the salmon and place on perforated parchment paper (optional) in the air fryer basket. Air fry at 185 °C for 18 minutes, flipping halfway through.
- In a separate mixing bowl, combine mango salsa ingredients and stir to mix ingredients. Set aside. Once the salmon is done cooking, cut each fillet into small pieces. Spoon one fourth of the onion pepper corn mixture into the middle of the tortilla. Add pieces of one salmon fillet, followed by 2 Tbsp of mango salsa.
- Layer several tortilla chips on top, then a handful of mixed greens. Fold sides of the tortilla, going around the circle to form a round wrap. Add one tablespoon of shredded cheese to hold the tortilla together. Use toothpicks if necessary.
- Place the wrap cheese side down on perforated parchment paper (optional) in the air fryer basket. Repeat with remaining wraps and air fry at 175 °C for 6 minutes. Garnish with extra mango salsa if desired.

# Spicy Shrimp Fajitas

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## Ingredients:

1 lb. raw shrimp, shelled	2 cloves garlic, minced
1 poblano chili, large	2 Tbsp lime juice
2 bell peppers	4 Tbsp Fajita seasoning
½ yellow onion, small	4 Tbsp olive oil
1 jalapeno	

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## Directions:

- Slice the chili, jalapeno, bell peppers and onion.
- In a large bowl, combine all of the ingredients and mix well. Toss it all in your air fryer.
- Grill the fajitas in the air fryer at 185 °C for 8 minutes. Remove the basket, shake your ingredients, and cook for an additional 4 minutes.
- Add your favorite toppings.

# Entrees





# Entrees



## BBQ Chicken Drumsticks

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### Ingredients:

- Salt & pepper
  - ½ tsp cayenne pepper
  - ½ tsp garlic powder
  - 8 chicken drumsticks
  - ½ cup barbecue sauce
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### Directions:

- Season chicken drumsticks with salt, pepper, cayenne pepper and garlic powder.
- Line the bottom of the air fryer basket with perforated parchment paper (optional). Grill chicken in the air fryer at 175 °C for 20 minutes. Baste chicken with barbecue sauce and continue cooking for 10 minutes. Turn chicken, baste again and cook for another 7 minutes.
- Using a meat thermometer, check the chicken to make sure it has reached a safe internal temperature before serving.

# Honey Lime Chicken Wings

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## Ingredients:

Package of 12 chicken wings	¼ stp white pepper
2 Tbsp soy sauce	¼ tsp black pepper
2 Tbsp honey	2 Tbsp fresh lime juice
1 ½ tsp salt	

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## Directions:

- Place all ingredients inside a large mixing bowl or 1-gallon zip seal bag and mix well. Marinate in the refrigerator for at least 4 hours or overnight.
- Line the air fryer basket with perforated parchment paper (optional). Evenly place chicken in the air fryer basket and air fry at 175 °C for 8 minutes. Turn chicken and continue to cook for 8 mintues.

# Entrees



# Entrees



## Spicy Fried Chicken

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### Ingredients:

½ cup buttermilk	⅓ cup grated parmesan cheese
1 Tbsp hot sauce	½ tsp salt
2 lbs chicken drumsticks, skin removed	¼ tsp pepper
½ cup crushed corn flake cereal	

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### Directions:

- Add buttermilk, hot sauce and chicken to a 1-gallon zip seal bag and mix well. Let marinate in refrigerator for at least 4 hours or overnight.
- In a medium bowl, combine crushed cereal, parmesan cheese and salt and pepper. Add chicken and coat each drumstick.
- Line the air fryer basket with perforated parchment paper (optional). Evenly place chicken in the air fryer basket and air fry at 200 °C for 10 minutes. Turn chicken and reduce temperature to 150 °C and cook for 8 minutes.
- Using a meat thermometer, check the chicken to make sure it has reached a safe internal temperature before serving.

# Cauliflower Pizza

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## Ingredients:

1 head of cauliflower	½ tsp salt
½ cup mozzarella cheese shredded	¼ tsp garlic powder
¼ cup grated parmesan cheese	2 eggs, lightly beaten
½ tsp dried oregano	

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## Directions:

- In a food processor, grind one head of cauliflower and steam well. Pat the cauliflower dry and transfer to a medium mixing bowl. Combine the rest of the ingredients with the cauliflower.
- Line air fryer basket with perforated parchment paper (optional) and pour mixture into basket creating a ¼ inch thin pie shape. Bake in the air fryer at 180 °C for 14 minutes.
- Remove crust from air fryer basket and flip it over. Add desired pizza sauce, cheese and toppings. Put back in air fryer and bake at 180 °C for an additional 4 minutes.

# Entrees



# Entrees



## Chicken Bombers

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### Ingredients:

- 12 Slices bacon
  - 8 oz. cream cheese softened
  - 1 Tbsp chives, chopped
  - 2 lbs. chicken breast, boneless and skinless
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### Directions:

- Using a meat mallet flatten the chicken, and cut it into strips large enough to spread the cream cheese mix. Be sure to leave at least a half inch on edges to allow for spreading when it is rolled up.
- Place the bacon slices in the air fryer and partially cook at 150 °C for 5 minutes.
- Mix in the chopped chives into the softened cream cheese and mix well.
- Spread the cream cheese mixture onto the flattened chicken strips and carefully roll along with the bacon.
- Place the bombers in the air fryer. Air fry at 200 °C for 13 minutes.

# Korean BBQ Skewers

## Ingredients:

2 lbs. chicken breasts, cut in chunks

1 red pepper, cut in large chunks

1 Tbsp sesame seeds

2 scallions, chopped

Korean BBQ Sauce:

1 cup Korean BBQ Marinade

1 Tbsp cornstarch

1 Tbsp cold water

**Korean BBQ Marinade:**

¼ cup grated red onion

1 Tbsp fresh grated ginger

3 cloves of minced garlic

1 cup soy sauce

¾ cup brown sugar

1 Tbsp sesame oil

2 Tbsp rice wine vinegar

2 Tbsp chili-garlic sauce

## Directions:

- Cut chicken into Chunks and place in a mixing bowl.
- Grate the red onion and fresh ginger and mince the garlic.
- Whisk together the red onion, ginger, garlic, soy sauce, brown sugar, sesame oil, red wine vinegar and chili-garlic sauce to make the marinade.
- Pour the marinade, reseving 1 cup. over the chicken and refrigerate the chicken for 2 hours.
- Take the remaining cup of marinade and place it in a small pot and cook over medium heat. Bring it to a boil, stirring often and then allow it to simmer for about 5 minutes.
- Mix the cornstarch and water into a slurry texture and add to the marinade and cook for another 3-4 minutes. Remove from the heat and allow the BBQ sauce to cool.
- Core and seed the red pepper and cut into chunks.
- Remove the chicken from the marinade and alternate the chicken and red pepper chunks onto the skewers.
- Air fry at 200 °C for 4 minutes. Brush the extra BBQ sauce, then air fry 4 additional minutes. Sprinkle the sesame seeds and chopped scallions onto the skewers.

# Entrees



# | Sides

1. Air Fried Vegetables
2. Roasted Spiced Broccoli
3. Baked Potato
4. Mexican Corn on the Cob

# Air Fried Vegetables

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## Ingredients:

1 bell pepper	½ tsp ground cumin
¼ cup red onion	½ tsp oregano
4 oz mushrooms	½ tsp garlic powder
2 Tbsp Olive oil	Sprinkle of salt & pepper
½ tsp thyme	

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## Directions:

- Chop bell pepper, onion and mushrooms into medium sized pieces. Add vegetables, olive oil, thyme, ground cumin, oregano, garlic powder, salt and pepper together in a bowl and toss to combine.
- In a single layer, place vegetables on perforated parchment paper (optional) in air fryer basket. Air fry at 160 °C for 8-10 minutes or to your desired doneness.

# Sides





# Sides



## Roasted Spiced Broccoli

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### Ingredients:

1 head of broccoli	¼ tsp turmeric powder
2 Tbsp plain yogurt	Pinch of ground cloves
1 Tbsp chickpea flour	Pinch of cumin
¼ tsp salt	Pinch of cinnamon
¼ tsp chili powder	

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### Directions:

- Cut broccoli into florets and set aside. Add remaining ingredients to a large mixing bowl and mix well. Mix in the broccoli and coat well. Refrigerate for 20 minutes.
- Line the bottom of the air fryer basket with perforated parchment paper (optional). Place broccoli onto parchment in an even layer. Roast at 95 °C for 15 minutes. Turn the broccoli for even cooking. Continue to cook for 2 to 3 minutes or until crispy.

# Baked Potato

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## Ingredients:

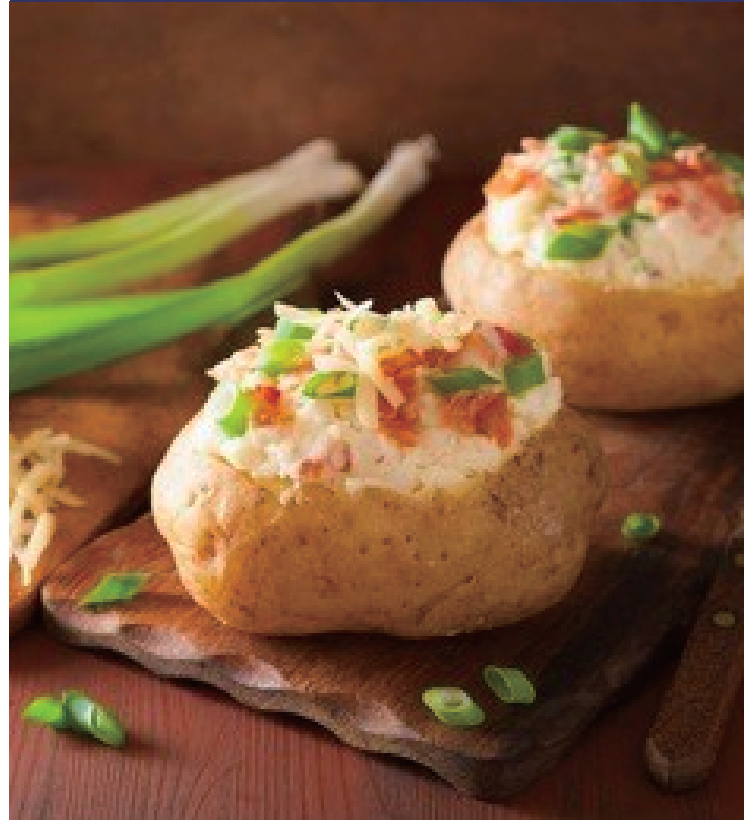
Russet potatoes  
Olive oil  
Salt & pepper

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## Directions:

- Wash and scrub russet potatoes. Pat dry. Poke several holes around the potato using a fork.
- Rub skin with olive oil, salt and pepper. Place in the air fryer basket. Bake in the air fryer at 175 °C for 35 minutes.
- Check for doneness by inserting a fork. A fork easily pierces when it's done. If the potato is hard, bake a little longer.

# Sides



# Sides



## Mexican Corn on the Cob

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### Ingredients:

2 ears of fresh corn

1 tsp olive oil

½ tsp chili powder

1 tsp lime juice

¼ cup fresh cilantro

¼ cup parmesan cheese

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### Directions:

- Remove husk and silk from corn and cut into halves. Gently pour 1 tsp of olive oil over corn and rub it in with your hands.
- Place corn halves into the air fryer basket and grill at 195 °C for 8 minutes. At the four minute mark, remove the basket, shake and return to cooking.
- Remove corn from air fryer and top with parmesan cheese, chili powder, lime juice and cilantro.

# Snaks

1. Homemade French Fries
2. Sweet Potato Fries
3. Hot Wings
4. Bacon Wrapped Shrimp
5. Three Cheese Stuffed Mushrooms
6. Italian Breaded Eggplant
7. Hot Dog Kabob
8. Spring Rolls with Air Fried Tofu
9. Pita Chips
10. Macaroni and Cheese Toasties
11. Steak Nuggets with White Barbecue Sauce
12. Five Cheese Pull Apart Bread
13. Croutons
14. Avocado Fries
15. Spicy Peanuts

# Homemade French Fries

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## Ingredients:

- 3 medium potatoes
  - ¼ tsp garlic powder
  - Salt and pepper to taste
  - 1 ½ tbsp olive oil
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## Directions:

- Wash the potatoes and pat dry. Slice your potatoes into ½ inch thick sticks.
- Toss with oil, garlic, salt and pepper and place in the air fryer basket. Air fry for 20 minutes at 200 °C. Open the basket and shake fries a couple of times throughout the cook cycle.
- Add more salt and pepper if needed.

# Snaks



# Snaks



## Sweet Potato Fries

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### Ingredients:

- 2 sweet potatoes
  - 1 Tbsp olive or avocado oil
  - ½ tsp salt
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### Directions:

- Peel and slice potatoes into french fry sized slices. Place in a large bowl and coat with oil and salt.
- Place fries into the air fryer basket, forming an even layer. Cook at 200 °C for 5 minutes. Remove the air fryer and shake ingredients to ensure even cooking. Air fry for an additional 15 minutes. Be sure to remove the basket and shake ingredients every 5 minutes and check for doneness.
- Cooking time may vary depending on the size of potato slices.

# Hot Wings

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## Ingredients:

Chicken Wings (around 10)

½ stick of butter

½ cup all-purpose flour

¼ tsp Paprika

¼ tsp Cayenne pepper

¼ tsp Salt

Dash of pepper

Dash of garlic powder

¼ cup of your favorite hot sauce

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## Directions:

- In a small bowl, whisk together the flour and spices. Cover the chicken wings with the flour mixture.
- Lightly drizzle oil over the coated chicken wings. Line your air fryer basket with perforated parchment paper (optional) and air fry at 185 °C for 10 minutes.
- Remove and give the wings a turn. Air fry for an additional 5 minutes.
- In a small pot on medium high heat, mix butter and hot sauce and let simmer until butter is melted. Remove from heat.
- In a mixing bowl, pour the hot sauce over the cooked chicken wings and mix until thoroughly coated.

# Snaks



# Snaks



## Bacon Wrapped Shrimp

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### Ingredients:

12 deveined and peeled jumbo shrimp

Juice of ½ of 1 lemon

6 bacon slices, thin

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### Directions:

- Rinse shrimp under cold water and pat dry with a towel.
- Toss shrimp with juice of ½ a lemon.
- Cut bacon slices in half and tightly wrap bacon around the shrimp, beginning at the tail end.
- Evenly place shrimp on the bottom of an air fryer baking pan and air fry at 200 °C for 3 minutes.
- Turn shrimp and continue to cook for 3 minutes, until bacon is crispy.



# Three Cheese Stuffed Mushrooms

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## Ingredients:

8 large fresh mushrooms	½ cup white Cheddar cheese shredded
4 oz cream cheese	1 tsp Worcestershire sauce
¼ cup parmesan cheese shredded	2 garlic cloves chopped
¼ cup sharp Cheddar cheese shredded	Salt & pepper to taste

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## Directions:

- Remove the stems of the mushrooms and use a spoon to remove excess mushroom inside to prepare them for stuffing.
- Microwave cream cheese for 15 seconds to soften. Combine all the ingredients in a medium bowl and stir to combine. Stuff the mushrooms with the cheese mixture. Place the mushrooms in the air fryer and air fry at 185 °C for 8 minutes.

# Snaks



# Snaks



## Italian Breaded Eggplant

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### Ingredients:

1 medium size eggplant	1 cup Italian breadcrumbs
1 tsp salt	¼ cup Olive oil
½ cup all-purpose flour	1 lb. fresh mozzarella cheese, sliced into rounds
2 eggs	1 jar spaghetti sauce

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### Directions:

- Slice eggplant into disks and lay out each disk onto a paper towel. Sprinkle salt on both sides of the disks and let sit for 20 minutes.
- Take out 3 bowls and in the first bowl, add flour. In the second bowl, mix together the breadcrumbs and olive oil. In the third bowl, beat 2 eggs together. Coat each disk in flour, eggs, and breadcrumbs.
- Place in air fryer and air fry at 200 °C for 8-11 minutes. Coat with spaghetti sauce and mozzarella cheese and air fry at 175 °C for an additional 3-5 minutes.

# Hot Dog Kebabs

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## Ingredients:

1 package Beef Franks, 14 oz.	4 jalapenos, cut into 1-inch chunks
8 slices of bacon	½ cup barbecue sauce
2 medium red bell peppers, cored and cut into 1-inch chunks	Cheddar cheese, for sprinkling

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## Directions:

- Cut each beef frank crosswise into halves and set aside.
- Place the bacon in a single layer in the air fryer basket with perforated parchment paper (optional). Air fry at 200 °C for 2 minutes. Once they are done cooking, cut each bacon slice crosswise into halves.
- Wrap 1 piece of bacon around 1 piece of beef frank. Alternately thread 1 bacon wrapped frank with 1 piece of jalapeno and bell pepper onto each skewer. Brush each skewer with barbecue sauce.
- Place the hot dog kebabs in the air fryer basket and air fry at 190 °C for 10 minutes, checking on them halfway through. Once they are done cooking, brush them with extra barbecue sauce. Sprinkle with cheese.

# Snaks



# Snaks



## Spring Rolls with Air Fried Tofu

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### Ingredients:

1 block extra firm tofu, pressed

½ cup peanut oil

1 Tbsp smoked paprika

12 Spring roll rice papers

1 bundle of cilantro, chopped

Green onions, chopped

Pickled radishes and carrots

Soy Sauce for dipping (optional)

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### Directions:

- Place paper towels on a plate and place firm tofu onto the paper towels. Place the paper towel on top of the tofu and press for 5 minutes.
- Cut tofu into cubes and add ½ cup of peanut oil to a mixing bowl. Dip the tofu into the peanut oil and place into the air fryer lined with perforated parchment paper (optional).
- Sprinkle tofu with smoked paprika and set air fryer to 185 °C for 12-15 minutes. Take out basket and flip tofu every 3-4 minutes.
- Run warm water over the rice paper for 30 seconds and lay it out on a plate. Set aside.
- Add in the fried tofu, pickled vegetables, chopped cilantro, and chopped green onions. Roll it up and enjoy!

# Pita Chips

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## Ingredients:

- 4 pitas
  - 1 Tbsp Olive oil
  - Salt & pepper
  - ½ tsp garlic powder
  - Pinch of cayenne pepper
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## Directions:

- Cut pitas into 8 triangle slices. Place in a large bowl and coat with oil and seasoning.
- Line the bottom of the air fryer basket with perforated parchment paper (optional).
- Air fry pitas at 200 °C for 3 minutes. Turn pitas and continue to cook for 4 minutes.

# Snaks



# Snaks



## Macaroni and Cheese Toasties

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### Ingredients:

- 2 slices white bread
  - 1 egg, beaten
  - 4 Tbsp macaroni and cheese
  - Cheddar cheese slices
  - Salt & pepper
- 

### Directions:

- Layer one bread slice with cooked macaroni, making sure to spread the pasta evenly onto the bread. Top with 1-2 Cheddar cheese slices and place the other slice of bread on top and cut diagonally.
- Brush the outside of your bread with egg, along with salt and pepper and repeat on the other side of bread. Place on perforated parchment paper (optional) in the air fryer basket and grill at 180 °C for 6-10 minutes, flipping halfway through.

# Steak Nuggets with White Barbecue Sauce

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## Ingredients:

### Steak Nuggets:

1 lb. steak, cut into chunks  
2 eggs  
1 cup grated parmesan cheese  
1 cup pork panko crumbs  
1 tsp seasoned salt

### White Barbecue Sauce:

1 cup mayo  
¼ cup white vinegar  
1 Tbsp spicy brown mustard  
2 tsp horseradish sauce  
½ tsp salt  
½ tsp white or black pepper  
¼ tsp garlic powder  
¼ tsp paprika

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## Directions:

- Combine parmesan cheese, pork panko and seasoned salt in a bowl. Beat 2 eggs into a separate bowl.
- Dip chunks of steak into egg, then breading. Repeat this step again and place onto a freezer safe plate.
- Freeze breaded steak nuggets for 30 minutes before frying, to ensure that the breading does not lift.
- In a medium sized bowl, whisk all of the barbecue sauce ingredients together in a bowl, until smooth.
- Keep refrigerated until ready to serve.
- Place steak nuggets on perforated parchment paper (optional) in air fryer basket. Air fry at 165 °C for 10 minutes. Serve with white barbecue sauce.

# Snaks



# Snaks



## Five Cheese Pull Apart Bread

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### Ingredients:

1 bread loaf, medium	½ cup mozzarella cheese
7 Tbsp butter	½ cup gouda cheese
2 tsp garlic puree	4 oz. brie cheese
½ cup Cheddar cheese	2 tsp chives
4 oz. goat cheese	Salt & pepper, to taste

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### Directions:

- Grate your hard cheese into 3 different piles and set aside.
- In a saucepan, melt the butter on medium heat. Add in the chives, salt, pepper and garlic. Cook for another 2 minutes, mix well and then set aside.
- Using a bread knife, create little slits into your bread. In each of the little slits cover with the garlic butter mixture until they are all covered. Insert the goat and brie cheese in the slits.
- Spread the cheddar, mozzarella and gouda cheese over the tops and fill the cracks with them. Place in your air fryer basket. Bake at 175 °C for 4 minutes, or until the cheese is melted and the bread is warm.



# Croutons

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## Ingredients:

- 6 slices thick cut bread (Texas toast bread)
  - ¼ cup olive oil
  - ½ Tbsp salt
  - ½ Tbsp pepper
  - 1 tsp chili powder
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## Directions:

- In a large mixing bowl, combine oil and seasoning. Slice bread into 1-inch cubes and place in bowl. Toss to coat.
- Spread croutons evenly inside air fryer basket. Air fry at 125 °C for 13 minutes. Allow to cool before serving.

# Snaks



# Snaks



## Avocado Fries

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### Ingredients:

2 avocados, not fully ripe	1 egg
Juice of 1 lime	¼ cup flour
Salt & pepper	½ cup panko breadcrumbs

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### Directions:

- Cut avocados in half, lengthwise. Cut into slices and remove from the skin. Drizzle with lime juice then salt and pepper the slices.
- Using 3 small bowls, beat eggs in 1 bowl, add flour to the second bowl, then place breadcrumbs in the third bowl.
- Dip avocado slices in the egg wash, then coat with flour and then coat with breadcrumbs.
- Place avocado slices in the air fryer basket and air fry at 200 °C for 6 minutes or until crispy.

# Spicy Peanuts

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## Ingredients:

- 1 ½ cups shelled raw peanuts
  - ¼ cup sugar
  - 1 Tbsp cayenne pepper
  - 1 Tbsp unsalted butter
  - ½ cup water
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## Directions:

- In a mixing bowl, combine peanuts, sugar and cayenne pepper.
- In a small saucepan, melt butter then add water and stir together. Immediately pour over peanuts and stir to coat well.
- Line the air fryer basket with perforated parchment to prevent sticking (optional). Spread peanuts evenly inside the basket. Roast at 150 °C for 5 minutes. Using a heat resistant spoon, stir the peanuts to ensure even cooking. Roast for an additional 8 minutes at 175 °C.

# Snaks



# Desserts

1. Fluffernutter Sandwiches
2. Banana Bread
3. Pumpkin Pie Bites
4. Apple Turnovers
5. Rita Bits Churros
6. Mini Churros
7. Baked Apple
8. Ice Cream Sandwich
9. Pumpin Cookies

# Fluffernutter Sandwiches

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## Ingredients:

2 slices of bread	2 eggs
chocolate hazelnut spread	2 Tbsp water
1 banana, sliced	¼ cup fine bread crumbs
Marshmallow fluff	

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## Directions:

- Spread chocolate hazelnut spread onto one side of bread. place banana slices onto the spread. Spread marshmallow fluff the other slice of bread and close the sandwich.
- In a medium bowl, whisk together eggs and water. On a small plate, spread out bread crumbs.
- Dip the sandwich onto the egg wash, coating each side. Place onto bread crumbs, coating each side.
- Grill at 150 °C for 8 minutes. Turn and continue to cook for 3 minutes.

# Desserts



# Desserts



## Banana Bread

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### Ingredients:

2 cups all-purpose flour	½ cup butter, melted
1 tsp baking powder	¾ cup brown sugar
¼ tsp salt	2 to 3 over-ripened bananas
1 large egg	

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### Directions:

- In a medium mixing bowl, combine dry ingredients. In a separate large mixing bowl, beat eggs and blend in butter and sugar. In a third large bowl, mash bananas. Mix together wet ingredients. Slowly add in dry ingredients and mix until well blended.
- Pour batter into an air fryer baking pan. Bake at 165 °C for 30 minutes. Insert a toothpick into the center. If the toothpick comes out clean, the bread is done.

# Pumpkin Pie Bites

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## Ingredients:

16 oz. pumpkin	1 cup flour
14 oz. sweetened condensed milk	3 Tbsp unsalted butter, room temperature
2 eggs	2 Tbsp sugar
½ Tbsp pumpkin spice	Foil cupcake tins
½ tsp salt	

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## Directions:

- In a large mixing bowl, combine the pumpkin, milk, eggs, pumpkin spice, and salt, mixing well. Set aside.
- In a separate bowl, add the flour, butter, and sugar and mix together to make the crust. Make sure to knead the mixture until it has a smooth texture. Add water periodically to form the dough.
- Create a floured work surface and form the dough into balls and then press into cupcake tins. Fill each tin with pumpkin pie filling.
- Line the air fryer basket with perforated parchment paper (optional) and place the bites into the air fryer.
- Bake at 175 °C for 15 minutes.

# Desserts



# Desserts



## Apple Turnovers

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### Ingredients:

2 apples, peeled, cored and finely diced	1 egg, lightly beaten
2 Tbsp granulated sugar plus extra for sprinkling	2 sheets puff pastry, thawed
Pinch of cinnamon	1 tsp powdered sugar

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### Directions:

- Core and finely dice 2 apples. In a small mixing bowl, combine the apple, sugar and cinnamon and mix together until apples are fully coated.
- Cut each sheet of puff pastry in quarter. Each sheet should produce 4 squares. Spoon the apple mixture onto each square and brush the edges with egg mixture.
- Fold each square over itself to form a triangle. Press down the edges and seal by pressing with a fork. Brush the tops of each triangle with the egg mixture and sprinkle extra sugar on top.
- Place the four triangles in the air fryer basket with perforated parchment paper (optional). Bake at 175 °C for 7 minutes. Remove basket and flip turnovers. Bake for an additional 6 minutes or until golden brown and perfectly puffed.
- Transfer apple turnovers onto a plate and allow to cool. Sprinkle with powdered sugar on top before serving.



# Ritz Bits Churros

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## Ingredients:

4 cups peanut butter Ritz Bits	1 tsp vanilla
1 cup butter	2 Tbsp sugar
1 cup brown sugar	½ tsp salt
1 ½ tsp cinnamon	

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## Directions:

- Preheat the Air Fryer to 175 °C. Spray a baking pan with cooking spray and spread the crackers evenly in there and set aside.
- In a medium saucepan, combine the butter and brown sugar. Stirring consistently, bring the mixture to a boil and boil for 1 minute. Remove the mixture from the heat and stir in 1 teaspoon cinnamon and 1 teaspoon vanilla.
- Pour the mixture on top of the crackers as evenly as you can. Smooth out any crackers that didn't get covered.
- Air fry the crackers for 10 minutes until they bubbly all over.
- In a bowl, combine the remaining cinnamon, sugar and salt.
- Once the crackers are done, remove the baking port from the air fryer and sprinkle the cinnamon mixture on top and set aside to cool. Once cool, break into pieces and serve.

# Desserts



# Desserts



## Mini Churros

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### Ingredients:

1 cup water	1 cup all-purpose flour
½ cup unsalted butter	3 eggs
¼ tsp salt	¼ cup sugar (for coating)

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### Directions:

- Using a stovetop and a medium saucepan, bring water to a boil. Add butter, salt and sift in flour. Stir well and remove from heat. Transfer flour mixture to a mixing bowl.
- Using a mixer, add eggs, 1 at a time and beating until incorporated after each addition. Allow to cool then spoon the mixture into a pastry bag fitted with a large open-star tip. Squeeze out mixture into 3-inch lengths.
- Lightly oil the bottom of the air fryer basket or line with perforated parchment paper (optional). Place churros into the air fryer basket and air fry at 200 °C for 6 minutes. Carefully remove churros and roll in sugar to coat.

# Baked Apple

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## Ingredients:

1 medium apple	¼ tsp cinnamon
2 Tbsp walnuts, chopped	¼ tsp nutmeg
2 Tbsp raisins	¼ cup water
1 ½ tsp butter, melted	Agave nectar

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## Directions:

- Cut the apple in half around the middle and spoon out some of the flesh. Place the apple in a small cake pan.
- In a small bowl, combine the butter, cinnamon, nutmeg, walnuts and raisins. Spoon the mixture into the centers of the apple halves.
- Pour water into the pan and place the cake pan in the air fryer basket. Bake at 175 °C for 20 minutes. Drizzle agave nectar over the top of the apples.

# Desserts



# Desserts



## Ice Cream Sandwich

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### Ingredients:

#### Cookies:

1 ½ cup flour  
½ coconut sugar  
¼ cup brown sugar  
1 ½ sticks of butter  
4 Tbsp honey  
3 Tbsp milk  
1 Tbsp cocoa powder  
1 tsp vanilla essence  
1 cup chocolate chips

#### Ice Cream:

1 cup heavy whipping cream  
1 cup half and half  
¼ cup sugar  
1 vanilla bean, whole  
½ tsp salt  
4 cups ice

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### Directions:

- In a large mixing bowl, add in the butter, coconut sugar and brown sugar. Using an electric beater, mix the sugar and butter together thoroughly.
- Add in the flour, honey, cocoa powder, vanilla, and milk and mix well. To get the best results, coat your hands in flour and use your hands to combine.
- Add in the chocolate chips a bit at a time. Make about 12-17 balls of cookie dough.
- Line your air fryer basket with perforated parchment paper (optional) and place your cookies in the air fryer. Air fry at 175 °C for 15 minutes.
- In a blender, add in the whipping cream, half and half, sugar, vanilla bean, salt and ice. Blend until the mixture becomes ice cream.
- Take one cookie and lay it face down and place a heaping scoop of ice cream on top. Cover the ice cream with another piece of cookie. Repeat the steps with the remaining cookies and ice cream.

# Pumpkin Cookies

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## Ingredients:

### Cookies:

2 cups butter, softened  
2 cups sugar  
2 tsp baking powder  
2 tsp baking soda  
1 tsp salt  
1 tsp ground cinnamon

1 tsp ground nutmeg  
2 eggs  
2 tsp vanilla  
1-15 oz. can of pumpkin  
4 cups all-purpose flour

### Frosting:

½ cup butter  
½ cup brown sugar  
¼ cup milk  
1 tsp vanilla  
4 cups powdered sugar  
Ground cinnamon, for sprinkling

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## Directions:

- In a large bowl, beat the 2 cups of butter with an electrical mixer. Add in the sugar, baking powder, baking soda, salt, cinnamon, and nutmeg and mix well.
- Add in the eggs and vanilla and beat until combined. Mix in the pumpkin and stir to combine.
- Add the flour and use the electric mixer to blend most of it and use wooden spoon to stir the remaining flour.
- Place perforated parchment paper (optional) in an air fryer safe baking pan and drop the dough into the baking pan (on more than 4).
- Place the baking pan in the air fryer and bake at 160 °C for 6-8 minutes.
- Heat 1/2 cup of butter and brown sugar in a sauce pan until it is a silky smooth consistency.
- Transfer the mixture to a medium bowl and add milk and vanilla. Beat in the powdered sugar until smooth.
- Wait for the cookies to cool and spread frosting on the cookies and top with cinnamon.

# Desserts



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